

# BE YOURSELF

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Uneasiness and stress of any kind are the body's way of telling you that you are not being yourself. The greatest gift a man can ever give himself is to be himself; and only in himself can he find himself. By the very nature of our existence, each being is unique hence it is very normal and natural that we have the inner desire to love and be ourselves either as a tool for achievement or simply as a condition for guaranteed inner peace, and joy.

It is not practically possible to be something else than that which you are. You can only be a fake of something else and never a fake of yourself. Hence by virtue of nature you are already an original and should seek to express who you are without fear and doubt.

Life is a combination of many elements. We are not unique because we are made of different substance, but because the same elements which are present in everybody are arranged in different ways to give each person a unique personality. You may be, do or say what others have been, done or said, so long as you are, do or say those things not because they have, been, done or said but because you are convinced that it is right to be, say or do so. To be yourself simply means to avoid conflict with your soul.

To be yourself is not necessarily to create new things but also to be what others have been in a way that is so unique to you. You can only be a mistake of something else and not of yourself for you are already an original of yourself by nature.

If you hate something about you, then it is simply because that thing is not you or of you. In other words it is practically impossible to hate yourself. What you hate is what you think is not you or of you.

To be yourself is to do unto others what you would like them to do unto you. If each and every person was himself then the world would be in harmony, void of competition, forgery and hatred.

The best thing about being yourself is the fact that you never have to regret anything because everything you do, you do because you love to, and you do that which you will not feel bad if it be done unto you.

It doesn't really matter if people like you or not. What matters most is that they accept and respect you for who you are.